

A Health Intervention for Caregivers in Chatham County

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Appendix B

Caregiver Resources Identified and Provided to the COA

AARP Resources for Caregivers

Internet address: <https://www.aarp.org/caregiving/>

Description: [Internet portal for caregiver-related support materials and resources](https://www.aarp.org/caregiving/)

AARP Family Caregiving Video Series

Internet address: <https://www.aarp.org/ppi/initiatives/home-alone-alliance.html>

Description: Instructional video series for common caregiver skills, including wound care, mobility, and medication management. Includes English and Spanish-language versions.

Family Caregiver Alliance Caregiver College video playlist

Internet address (English-language version):

https://www.youtube.com/watch?v=xUjOarB8XUc&list=PLa1B8idpEiEplIAyH_swKvZvTQ9yAKH6t

Internet address (Spanish-language version):

https://www.youtube.com/watch?v=qOJzSokgAWY&list=PLa1B8idpEiEqwYW6o_fQYr_rvI9zpCJM9

Description: Playlist of common caregiver skills, including transfers, nutrition, dental care, bathing and dressing, toileting and incontinence care, behavioral issues, and self-care. Includes both English and Spanish-language versions.

AARP Prepare to Care Guide

Internet address: <https://www.aarp.org/content/dam/aarp/caregiving/2018/02/prepare-to-care-guide-english-aarp.pdf>

Description: Text-based guide for new caregivers. Topics addressed including planning, forming a team, finding support, and self-care.

USCF Orientation to Caregiving

Internet address: http://cancer.ucsf.edu/_docs/crc/Caregiver_GEN-old.pdf

Description: Text-based guide for caregivers. Topics addressed include what to address as a caregiver, managing care at home, communicating about illness, paying for healthcare, and advanced care planning.